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IN WHICH SARAH NO. 1 MAKES A SHOCKING REVELATION OVER BENTO BOXES **PAGE 22**



Philippines S.O.S.

Bodies lay uncollected in the streets as survivors plead for food, water and medicine in the typhoon-battered islands of the Philippines **PAGES 14**

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GuZoo footage prompts further inspections

Controversy endures.
Activists vow to keep fighting to close facility

Officials with four Alberta government ministries and an animal anti-cruelty group have now conducted inspections of GuZoo after graphic photos and video footage surfaced from behind the scenes of the controversial attraction.

But save for a requirement that GuZoo owner Lynn Gustafson install a fence around the area where he disposes of carcasses, government representatives would only say they will be monitoring issues raised by the complainant, which Metro has identified as Edmonton animal-rights activist Philip Shaw.

Stuart Elson, spokesperson for Alberta Agriculture and Rural Development, confirmed one of his ministry's inspectors was involved in the new probe of GuZoo's operations. The inspection occurred the week of Oct. 21 and also involved Alberta Health, Alberta Environment and Sustainable Resource Development, the Alberta Justice and Solicitor General ministry and the SPCA.

"The main thing was a containment area," Elson said, referring to the erection of a fence in the zoo's disposal area. "It was about making sure the area's contained so scavengers can't get at stuff."

Gustafson did previously lose his licence for a month in 2011 amid a firestorm of criticism about living conditions for 400 domestic and exotic

animals at the private zoo. But renewed pressure from government inspectors didn't appear to have fazed the embattled owner when reached Sunday.

"Really all it amounted to is (the government) saying they did this to try to keep him happy," he said, referring to Shaw. "We're very nervous about him being around."

The photos and videos behind the complaints were gathered by Shaw during what he concedes was a trespassing endeavour into the feeding and living areas of GuZoo over the Canada Day long weekend. The material he gathered showed everything from dead dog carcasses stacked on piles of garbage to maggot-infested cat food and filth in bird cages and other areas.

JEREMY NOLAIS/METRO



REMEMBERING THE FALLEN

Thousands of Calgarians took part in Remembrance Day ceremonies around the city Monday, honouring the lives given in defence of Canada. Story and photos, page 4. GLENN KELLY/FOR METRO

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Poppy Fund. CEO donates to vets after pots stolen

Justin Morin was disturbed to say the least when he learned thieves were snatching Calgary Poppy Fund donation pots from venues around town.

So the chief executive of Dynacorp Fabricators Inc., a local company, decided to kick in \$1,000 on behalf of him and his staff.

"Somebody did a wrong and I just wanted to make it right, to help people out and just show that the community can rally and support them," Morin said in an interview Monday.

Metro first reported last week that 16 pots had been stolen from gas stations, restaurants and other community venues since the annual poppy fund campaign began Oct. 25. Chief fund officer Joey Bleviss later indicated more than 30 had been stolen as more reports from volunteers came in.

But police announced over the weekend they have arrested two more people believed responsible for nabbing boxes from a 7-Eleven in the city's southeast and from a restaurant at the Calgary International Airport. Investigators also previously charged 35-year-old Bryan Joseph James in connection with three of the thefts.

The poppy fund provides millions in aid to Calgary veterans annually in the form of housing, food, medication, transportation and other essentials.

Morin said his great-grandfather served with the Canadian Armed Forces in the First World War and he currently has a brother-in-law serving his country as well.

JEREMY NOLAIS/METRO



Alberta Education Minister Jeff Johnson said the primary aim of the High School Flexibility Enhancement Project is making learning "relevant" for students to encourage them to stay in school and ensure they become "lifelong learners." METRO FILE

Labour rules restricting high schools: Minister

Pilot project. Student-tailored model continues to draw cost concerns



JEREMY NOLAIS

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Alberta high schools need to "modernize" and become more "relevant" but labour rules are among the challenges standing in the way, charges the education minister.

On Monday, Jeff Johnson reinforced comments from Calgary Board of Education officials last month that they were being encouraged to offer

high-school teaching not dependent on time or a specific school. Kids will also be able to graduate sooner or later than is typical and can earn credits towards post-secondary education long before graduation.

But critics have continued to question the cost of such a model, dubbed officially as the High School Enforcement Flexibility Pilot Project, and the president of the Alberta Teachers Association (ATA) said Monday his group is largely being shut out of the conversation, a "markedly different" approach than the one under former minister Dave Hancock, who was in charge when much of the roadmap for education's future was developed.

"Right now there is not a collaborative process," ATA President Mark Ramsankar said bluntly.

But Johnson countered that stringent rules pushed for by the association to cap instructional hours and only allow its members to instruct students are acting as "barriers" to the project.

"We are going to have to have a deep discussion about how you tap into the experts and how the experts in all the different fields become part of the learning experience," he said, adding, "When you look at traditional labour contracts that would try to wrap real hard-and-fast rules around instruction, minutes of instruc-

tion, hard caps on what a class would look like, well, that doesn't fit with 21st-century learning — that's 19th-century learning."

As an example of what can be achieved, the minister pointed to a program in Olds where college professors are involved in educating primary-school students and those same kids have access to "supersized" health and gym facilities established for use by the entire community.

Ramsankar said, however, that bringing on tradespeople and others to instruct is a "slippery slope."

"It's about the understanding of pedagogy — it's the art of teaching," he said.

1 NEWS

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Canadian Armed Forces members take part in the Remembrance Day ceremony at the Military Museums in Calgary. ALL PHOTOS GLENN KELLY/FOR METRO



A Canadian veteran tears up as he offers a salute to the country's fallen soldiers.



Soldiers place a wreath during Monday's ceremony.



A young Scout places a wreath during the ceremony Monday.

Calgary remembers

Proud history.
Thousands gather to honour Canada's fallen heroes

The bugle rang out its haunting call on the 11th hour as the crowd bowed their heads, and in that moment remembered all those who died protecting the nation.

Solemn thousands gathered for the annual Remembrance Day ceremony at the Military Museums of Calgary, one of the city's largest gatherings honouring the brave men and women who gave their lives for their country in World War I, World War II, and conflicts afterwards.

With veterans spanning all battles that the Canadian Forces have fought for 99 years since the Great War in attendance, MP Jason Kenney spoke on behalf of the Canadian government.

"Our act of remembrance stretches out across the decades and generations, connecting us with those who went before, and with those who are yet to come," said Kenney in a speech to the crowd.

"Some say that Canada is a country without an identity or culture, that we are merely a reflection of the world. But on the 11th hour of the 11th day, of the 11th month, we refute that notion. We come together, bridging all differences of faith, politics and ethnicity, together united, to say that we are Canadians with a proud history."

Past and present members of the Canadian Armed forces, as well as family of those lost in battle, laid wreaths in honour of fallen friends and loved ones.

With the last wreath laid, attendees were serenaded with a moving performance of Perhaps They Are Not Stars by the Savridi Singers women's choir.

GLENN KELLY/FOR METRO



A Royal Canadian Mounted Police officer stands on guard.

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Authority seeks second impound lot to speed enforcement, recovery



JEREMY NOLAS
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Laura Lushington learned her lesson in the form of a \$120 fine.

She had parked in a taxi

zone and popped into a downtown watering hole for a couple drinks with friends. When she returned, her ride was nowhere to be found.

"It was absolutely a lesson: learn to double-check signs before you park somewhere," she said.

The Calgary Parking Authority says 15 to 20 vehicles are towed every day from the downtown core to the city's impound lot a few kilometres to the southeast.

But authority head Troy Mc-

Leod said plans are underway to streamline the process by establishing a short-term lot in the downtown core. The thinking is that tow trucks would spend less time in traffic and could clear more cars.

Then, later each weekday evening, vehicles could be transferred from the short-term lot to the longer-term location.

McLeod said the authority is currently in discussions with a landowner to secure the lot.

"Our goal is to have the (short-term) location near the

LRT because it's free along the 7th Avenue corridor.... You could just hop on the train, go to the lot and acquire your vehicle from there," he said.

He said they are also working to improve technology for drivers, allowing them to instantly search on the Internet or use an app to confirm their vehicle is impounded.

McLeod said the authority will likely launch a pilot program using the streamlined tow practices in December or early 2014.



The city's lone vehicle-impound lot, located at 400 39th Ave. S.E., on Monday.
GLENN KELLY/METRO

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Scorched puppy on its way to recovery, home

A badly burned puppy found by a camp worker in Saskatchewan is recovering under the watchful eyes of the Calgary-based Alberta Animal Rescue Crew Society.

The dog, who has been named Nero, had to have both of his damaged ears removed and may need eye surgery.

But society spokeswoman

Deanna Thompson says Nero is already playing with other dogs in a foster home.

It's believed someone intentionally set the puppy on fire, and officials are trying to find the culprit.

Thompson says Nero is on medication to combat pain and infection.

She says there have been many offers to help from

across the country.

"We probably have over 30 people who want to adopt him," Thompson said.

"It's going to be tough, at the end of the day, to make that decision on who's going to give him his 'forever' home. But ... the outpouring of support has been fantastic."

THE CANADIAN PRESS

No Frills

Cops on hunt after violent robbery

Police are on the hunt for two men over an armed robbery and assault at a Calgary grocery store late Sunday. Officers were called to the No Frills in the 800 block of 85th Street S.W. just before 10 p.m. The thieves are believed to have fled in a grey Ford F350 truck, which police say was involved in two hit-and-runs while fleeing. **METRO**

Propane sweeper. Workers flee from warehouse blaze

Fifty employees were forced from a southeast Calgary warehouse after a fire Sunday.

According to fire officials, crews were called out around 1:45 p.m. Sunday to a building in the 3300 block of 52nd Street S.E. after reports of a fire involving a propane-powered floor sweeper.

Fire officials said the heat from the blaze activated the building's sprinkler system.

Firefighters quickly extinguished the fire and then ventilated the building.

No injuries were reported and investigators are still determining the cause and cost of the blaze.

Because of the large size of the building and the amount of smoke generated, fire officials are unsure whether the building would be safe to re-occupy. **METRO**

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Volunteers with Samaritan's Purse pack hygiene kits for the victims of Typhoon Haiyan, which made landfall in the Philippines Friday, causing damage never seen before to the Southeast Asia island nation. GLENN KELLY/FOR METRO

Calgarian narrowly missed 'act of nature'

Philippines disaster.

Good Samaritans step up to aid ravaged country



JEREMY NOLAÏS

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Annabelle Bedrejo got out of the Philippines in the nick of time.

The day she flew out of the capital, Manila, Typhoon Haiyan roared ashore, killing at least 10,000 and destroying countless more homes, shelters and other buildings.

Two days prior to her departure, Bedrejo, a Filipino native who lives and works in Calgary as a travel agent, had been sleeping in the lower floor of her family beach house in Cadiz City. The massive storm, likely the largest to strike the southeast Asian island country, "totaled" that level of the property, blowing out glass windows and throwing the bed she'd been resting on 50 feet.

Annabelle and husband Ricardo spent the weekend getting in touch with dozens, if not hundreds, of family members in the affected areas. So far, it appears all made it out

Help and support

- Samaritan's Purse spokesperson Jeff Adams said the organization will source a great deal of relief from areas much closer to the typhoon-ravaged Philippines and encouraged people to donate by calling 1-800-663-6500 or by visiting samaritanspur.ca.
- People can also donate through the Red Cross by calling 1-800-418-1111 or visiting redcross.ca.
- Telus was also offering free phone calls from landlines to the Philippines from Alberta.

of the terrifying ordeal for their lives, but many have lost homes and possessions and have nowhere to go.

"It's just awful," she said Monday from the safety of her home in Calgary. "My heart aches for those people. This was an act of nature. I am feeling lucky, yes, but also unlucky because I know a lot of my family (members) are suffering

right now."

Since she fled the country, Annabelle said the majority of flights in and out of the Philippines have been suspended and power hasn't been restored to much of the affected area.

"Had I been there, having grown up here, I wouldn't know what to do," she conceded.

Elsewhere in Calgary, volunteers with Samaritan's Purse crowded into a warehouse to pack 6,000 hygiene kits complete with shampoo, soap, toothbrushes and other amenities.

"Those hygiene kits are so essential after a disaster like this because the potential for disease to spread is enormous," said organization spokesperson Jeff Adams. "I think a lot of Albertans can understand this after going through the flood last June — they knew what their homes looked like afterwards with all the mud everywhere. Now, just imagine you have a one-storey hut that you're living in when something like this came through."

Early estimates suggest Typhoon Haiyan has forced as many as 750,000 people from their homes.



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Third-party colleges not always needed



Administrators at the University of Calgary are considering establishing an international college "pathway" program that would be run by a private corporation. METRO FILE

U of C controversy. U of A, University of British Columbia chose to run international colleges in-house

As debate simmers at the University of Calgary over outsourcing an international college to a private corporation, other Canadian schools that ultimately opted against the move say they wanted to maintain more freedom over their recruiting or were already well established and saw little benefit from employing outside help.

Schools like Simon Fraser University and the University of Manitoba have already established programs that would work similarly to one being pitched at the U of C. Students at those institutions are recruited from abroad and then required to take upgrade — or "pathway" — courses with the intention that they ultimately earn a spot as a full-fledged student in their area of study.

But the faculty association

Grand ambitions

The U of C hopes to double its complement of undergraduate international students. The move is considered a key component of its Eyes High strategy, which aims to turn the school into a top-five Canadian research institution by 2016.

with the city's largest university has threatened legal action to prevent the move, claiming it would threaten the institution's reputation, academic quality and violate the collective bargaining agreement.

At the University of British Columbia, a third-party model was reviewed but ultimately the institution opted to create its own Vantage College in-house, according to principal James Ridge.

He said a primary goal of the college was to recruit from areas where few current UBC students are from, an initiative that was best left to the school to direct.

The University of Alberta

also eyed a third-party college, but Bill Connor, vice-provost of academic programs and instruction, said in an email the institution determined it was already established enough that a private company would offer little benefit.

"Another university with fewer services related to international recruitment, programming and student support that wanted to expand enrolment could probably do so more quickly by partnering," he said. "U of A doesn't need to."

In an interview last week, U of C provost Dru Marshall said one motivation behind bringing a third-party college on board is directly linked to the U of C being a relatively young school attempting to compete with nation's most storied ones.

"Is there any way we can short-circuit 50 years of history? ... If not, are there alternate ways that we can become known as an international institution?" she asked. "And that's what we want to have a dialogue and discussion about on our campus."

JEREMY NOLAIS/METRO



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Ford scandal not forgotten at event with vets

'He's ... a druggie.'

Controversy-plagued Toronto mayor booed, refused handshake at Remembrance Day ceremony

Embattled Toronto Mayor Rob Ford couldn't escape controversy at a Remembrance Day ceremony Monday, where a veteran refused to shake his hand.

Ford gave a short speech

honouring the military, and there was a quiet smattering of boos and cries of "shame" in the crowd as he walked up to the podium, though there was also light applause.

After he laid a wreath at the foot of the cenotaph at Toronto's Old City Hall, the mayor walked past a row of veterans and at least one refused a handshake.

Tony Smith, who was stationed in Germany after the Second World War, said Ford should not have been there, given his admission last week

that he had smoked crack cocaine.

"I didn't shake his hand because he's a drug addict, a druggie," Smith said. "He's No. 1 man in the city and he's smoking up and booing it up. I don't mind people having a drink. I certainly don't agree with drugs."

Ford reversed five months of denials last week when he admitted he had smoked crack cocaine, likely in one of his "drunken stupors," but has repeatedly denied he is an addict.

THE CANADIAN PRESS

Police: Liberian presidential vehicle used in weed smuggling

Liberia's Drug Enforcement Agency has arrested the head of the presidential motorcade for allegedly using an official vehicle to smuggle 297 kilograms of marijuana into Liberia from neighbouring Sierra Leone, officials said Monday.

The motorcade commander, Perry Dolo, was arrested over the weekend along with three other men after crossing from Sierra Leone, said DEA Director Anthony Souh. The other three

men were a Liberian official, a Guinean and a Sierra Leonean believed to be a member of the armed forces, Souh said. He did not provide further details about the men.

The vehicle used in the operation is known as "Escort 1," the jeep that normally leads the president's convoy, Souh said.

"He took the car during his day off to go do this thing. He was not on duty, but he used the official car," Souh said of

Dolo.

Journalists were denied access to the suspects because they were still being interrogated by a joint force that included members of the Emergency Response Unit.

"They are still with me going through the process," Souh said. "We want to speedily send them to court as soon as possible because the case is too high. Using a presidential car? It's too big." THE ASSOCIATED PRESS



Violence erupts at Polish independence day march

A woman watches the remains of a rainbow sculpture in downtown Warsaw, Poland, Monday. The sculpture made of colourful artificial flowers was set on fire by nationalists taking part in a march marking Poland's independence anniversary. hooliganism." ALIK KEPLICZ/THE ASSOCIATED PRESS

Russia. Man nails his genitals to ground in protest

A Russian performance artist nailed his genitals to the ground outside Moscow's Red Square in protest over Russia's "police state" as the country marked national police day.

A video shows naked Pyotr Pavlensky sitting just outside the Kremlin Sunday after nailing himself to the ground. Police first took him to the hospital and then into custody.

Interfax news agency said that a court dismissed charges and released him Monday.

Pavlensky, who has long been known for his self-mutilating stunts, said he wanted to warn that "we are on the threshold of becoming a police state." THE ASSOCIATED PRESS

Death row

Condemned killer asks to donate organs

A child killer scheduled for execution this week has asked that his organs be donated to his ailing mother and sister, as well as others.

Ronald Phillips' lawyers say that Phillips would also be willing to donate organs to other individuals. His mother is on dialysis and his sister has a heart condition. THE ASSOCIATED PRESS

New York

Teen charged in skating-rink shooting

A teenager faces attempted murder charges in a weekend shooting at a crowded Manhattan ice-skating rink.

A 20-year-old man and a 14-year-old boy were wounded. Police say the violence erupted after the 16-year-old suspect attempted to rob the 20-year-old skater of his coat. THE ASSOCIATED PRESS

Sochi

Olympic torch returns to Earth

A Russian space capsule carrying the Sochi Olympic torch and three astronauts landed back on Earth Monday from the International Space Station in a landing in Kazakhstan.

The Soyuz capsule returned about three and a half hours after undocking from the station, with Fyodor Yurchikhin, Karen Nyberg and Luca Parmitano aboard. THE ASSOCIATED PRESS



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UN climate talks. Envoy to fast until he sees hope

The devastation caused by Typhoon Haiyan cast a gloom over UN climate talks Monday as the envoy from the Philippines broke down in tears and announced he would fast until a "meaningful outcome" is in sight.

Naderev "Yeb" Sano's emotional appeal was met with a standing ovation at the start of two-week talks in Warsaw, where more than 190 countries will try to lay the groundwork for a new pact to fight global warming.

Choking on his words, Sano said he was waiting in agony for news from relatives, though he was relieved to hear his brother survived.

"In the last two days he has been gathering bodies of the dead with his own two hands," Sano said.

UN climate chief Christiana Figueres also made reference to the "devastating impact" of the typhoon in her opening speech and urged delegates to "go that extra mile" in their negotiations.

Scientists say single weather events cannot conclusively be linked to global warming. Also, the link be-

Plea

"We can fix this. We can stop this madness. Right now, right here."

Philippine envoy Naderev "Yeb" Sano, to the other delegates in Warsaw, Poland.

tween man-made warming and hurricanes is unclear, though rising sea levels are expected to make low-lying nations more vulnerable to storm surges.

Nevertheless, extreme weather such as hurricanes often prompt calls for urgency at the UN talks.

Last year, Hurricane Sandy's assault on the U.S. East Coast and Typhoon Bopha's impact on the Philippines were mentioned as examples of disasters the world could see more of unless it reins in the greenhouse gas emissions that scientists say are warming the planet.

"We can fix this. We can stop this madness. Right now, right here," Sano told delegates in Warsaw, Poland.

THE ASSOCIATED PRESS



A survivor writes a message on their port to call for help in the typhoon-ravaged city of Tacloban in central Philippines on Monday. AARON FAVILA/THE ASSOCIATED PRESS

Victims cry out amid death and desolation

Haiyan continues

Thirteen people die preparing for storm in Vietnam

Haiyan made landfall in Vietnam on Monday as a tropical storm. State media quoted officials as saying 13 people died and 81 others were injured while reinforcing their houses and trimming trees. They said the storm damaged more than 1,300 houses and 39 boats in the province of Quang Ninh. THE ASSOCIATED PRESS

One dead

Thunderstorm batters Croatia

Croatia has been hit by a thunderstorm and gale-force winds that ripped off rooftops and left one person dead and 22 injured.

Winds reached 220 kilometres per hour.

In the capital, Zagreb, trees and rooftops fell on cars as firefighters and rescue services struggled to cope with emergency calls. THE ASSOCIATED PRESS

Tacloban, Philippines.

Rescuers struggle to operate in city ripped asunder by typhoon

Bloated bodies lay uncollected in the streets and desperate survivors pleaded for food, water and medicine as rescue workers took on a daunting task Monday in the typhoon-battered islands of the Philippines.

The city of Tacloban re-

Blasted landscape

"I don't believe there is a single structure that is not destroyed or severely damaged in some way — every single building, every single house."

U.S. Marine Brig. Gen. Paul Kennedy, after taking a helicopter flight over Tacloban, the largest city in Leyte province.

sembled a garbage dump from the air, with only a few concrete buildings left standing.

At a small naval base, eight swollen corpses — in-

cluding that of a baby — were submerged in water. Officers had yet to move them, saying they had no body bags or electricity to preserve them.

Authorities estimated

the typhoon killed 10,000 or more people, but with shattered communications and transportation links, the official death toll three days after the storm made landfall remained at 942.

Soldiers from the Philippines and U.S. were distributing food and water, and assessment teams from the United Nations and other international agencies were seen Monday for the first time.

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Ukraine. Tymoshenko's lawyer now faces accusations

A top lawyer for jailed former Prime Minister Yulia Tymoshenko on Monday was charged with beating his ex-wife, a move supporters see as a possible attempt to derail a landmark agreement with the European Union that hinges on her release.

Serhiy Vlasenko, Tymoshenko's longtime lawyer and ally, was charged with assaulting his former spouse and was being questioned, the

Abuse of office?

Tymoshenko, who is serving a seven-year sentence for abuse of office, insists she is innocent and accuses the president of ordering her imprisonment.

prosecutor told reporters. He has previously denied similar accusations. **THE ASSOCIATED PRESS**



Eugenia Tymoshenko, daughter of imprisoned former Ukrainian PM Yulia Tymoshenko, left, and Serhiy Vlasenko, ex-PM's lawyer. **THE ASSOCIATED PRESS**

Costa Concordia

Captain not last to abandon ship; trial ongoing

A witness in the Costa Concordia shipwreck trial has described how the captain jumped aboard a lifeboat, testifying how the commander wasn't the last to

abandon the rapidly capsizing luxury cruise ship.

Francesco Schettino, the captain, is being tried for manslaughter, abandoning ship and causing the shipwreck near the Tuscan island of Giglio in 2012. Thirty-two died. Hours after Schettino abandoned ship, helicopters rescued people. **THE ASSOCIATED PRESS**

Fighters recruited in Syrian refugee camps

Zaatari camp.

Although recruiting is banned, it still goes on; the camp's purely humanitarian

In a makeshift mosque in a trailer in a sprawling camp for Syrian refugees, a preacher appeals to worshippers to join their countrymen in the fight to topple President Bashar Assad.

In another corner of the Zaatari camp, two men draped in the Syrian rebel flag call on refugees through loudspeakers to sign up for military training.

Rebels in the camp freely acknowledge recruiting fighters in the camp in a drive that has increased since the summer, trying to bolster rebel ranks in the face of stepped up offensives by Assad's forces just across the border in southern Syria.

Recruiting is banned in Zaatari, and the rebel activities put Jordanian officials and United Nations officials running the camp in a delicate position. Wary of further increasing tensions with the government in neighbouring Syria, Jordan has sought to keep its support of rebels under the radar, officially denying that any training of anti-Assad fighters takes place on its soil, though both



A Syrian refugee hoists the Syrian revolutionary flag during a strike at Zaatari camp in Mafraq, Jordan, on April 25. **MOHAMMAD HANNON/THE ASSOCIATED PRESS FILE**

Jordanian and American officials have acknowledged it does.

For the UN, the recruitment mars what is supposed to be a purely humanitarian mission of helping the streams of Syrians fleeing the 2 1/2-year-old civil war, which activists say has killed more than 120,000 people. Zaatari, only 16 kilometres from the Syrian border, is home to more than 100,000 Syrian refugees. **THE ASSOCIATED PRESS**

Recruiting fighters

A reporter visiting Zaatari found rebels from the Western-backed Free Syrian Army unabashed in talking about their search for new fighters, which they say has brought in dozens of recruits in past months.

- Training does not take place in the camp. Abu

Salim, who heads the Free Syrian Army's military council in southern Syria, said a 40-day training camp for rebel fighters is conducted at a location in Jordan or sites in southern Syria.

- "Zaatari is an exporter of fighters," says a Syrian.

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Bearskin Airlines. Plane crash in NW Ontario kills five; one survivor pulls another to safety

A man who survived a plane crash that killed five others in northwestern Ontario managed to pull a woman to safety before flames engulfed the aircraft, provincial police said.

The Bearskin Airlines plane went down just after 7:30 p.m. Sunday on approach to the Red Lake airport, about 500 kilometres northwest of Thunder Bay, Ontario Provincial Police said.

The twin-engine turbo-prop burst into flames when it hit the ground, and only two people survived.

The two pilots — a 25-year-old from Mississauga and a 34-year-old from Winnipeg — were among those killed.

Three passengers — a 53-year-old woman, a 53-year-old man and a 64-year-old woman — all from Red Lake — were also killed.

The survivors were identified as a 29-year-old man and

Bound for Red Lake

Bearskin is based in Sioux Lookout and has operated since 1963, employing 300 in Ontario and Manitoba.

- There's no word on the cause of the crash.
- The plane was totally destroyed by flames; the woods around were also on fire.

a 50-year-old woman, both from Winnipeg.

"The one male (survivor) was actually the one that called us to report the crash," said OPP Sgt. Rob McDonough. "He was able to pull the woman out of the wreckage prior to it becoming fully engulfed in flames."

The 19-seat aircraft had taken off from Sioux Lookout. **THE CANADIAN PRESS**

Hundreds attend funeral for British veteran, 99

Harold Percival. His friends and relatives are long gone; he was part of raid on German dams in 1943

Mourners observed a two-minute silence for victims of war before Harold Percival's coffin, draped in a blue RAF flag, was carried into the chapel to the strains of the Dambusters March.

Hundreds of Britons attended the funeral on Monday of the 99-year-old former Second World War airman they'd never met.

Harold Jellicoe Percival died Oct. 25 at a nursing home in northwest England, with no family or friends still alive.

An advertisement was placed in the local newspaper asking people to attend the service so his pass-



Hundreds pay respects to Harold Percival in Lytham St. Annes, England, Monday. LYNNE CAMERON/THE ASSOCIATED PRESS

ing would not go unmarked.

The ad was taken up on Twitter, and several hundred gathered Monday to pay respects to Percival, who served as ground crew with Royal Air Force Bomber Command during the war. Scores who

could not fit inside stood out in the rain. Monday was the anniversary of the end of the First World War, on Nov. 11, 1918. The funeral began 95 years to the hour after the 1918 armistice.

THE ASSOCIATED PRESS

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Rev. Alan Clark, who led the service

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Bangladesh garment workers battle police

Turmoil over working conditions. Violence forces at least 100 factories to close

Thousands of workers demanding higher pay clashed with police Monday in continuing protests over working conditions in Bangladesh's garment industry.

At least 30 people were reported wounded as protesters hurled rocks and sticks at clothing factories while police responded using tear gas.

The South Asian nation has seen three weeks of bloody political protests, and Monday's demonstrations only added to the chaos.

A government-appointed panel voted last week to raise the minimum wage for millions of garment workers to 5,300 takas (\$69.36) a month — a 77 per cent raise, but still the lowest minimum wage in the world. The workers rejected

the proposal, demanding 8,114 takas (\$104).

Factory owners have not endorsed it either and argue the raise would destroy the industry in a fiercely competitive global market.

Production disrupted

"There is no chance to resume work in factories today (Monday)."

Mustafizur Rahman, director of the Industrial Police saying at least 100 factories were closed to avoid further violence.

Bangladesh is the world's largest garment manufacturing country after China, earning more than \$20 billion US a year from garment exports, mainly to the U.S. and Europe.

The sector employs about four million workers, mostly women.

The country's garment industry has come under scrutiny for its often harsh and unsafe

conditions after the collapse of a factory building killed more than 1,100 people in April.

In another horrific case, a fire last November killed 112 workers.

Mustafizur Rahman, director of the Industrial Police, said thousands protested and at least 100 factories were closed Monday in the Ashulia and Savar industrial areas to avoid further violence.

Rahman would not say if there were any injuries, but Somoy TV station says up to 30 people were injured.

Monday's chaos came amid a nationwide general strike enforced by the main opposition Bangladesh Nationalist Party and 17 allies to demand a caretaker government with people from outside political parties to oversee national elections due by early January.

At least 19 people have died and hundreds have been injured in similar opposition protests since Oct. 26.

THE ASSOCIATED PRESS



Pausing to remember

A Canadian Armed Forces soldier kneels to place his poppy at the base of the Canadian monument for the final Remembrance Day held by Canadian soldiers in Kabul, Afghanistan, on Monday.

COURTESY SGT. NORM MCLEAN, DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

Loosening the grip

Egypt curfew to end Thursday

Egypt's interior minister indicated that a three-month curfew and state of emergency will expire Thursday as scheduled.

Mohammed Ibrahim said security forces will still patrol the streets for protests supporting former President Mohammed Morsi. THE ASSOCIATED PRESS

Kenya mall attack

Gunman once lived in refugee camp: Officials

One of the four Westgate Mall attackers once lived in a Somali refugee camp of 50,000 people in Kenya, say two security officials, highlighting Nairobi's interest in expediting the return of nearly 500,000 Somali refugees home.

Little is known about the gunmen who attacked the Nairobi mall on Sept. 21. THE ASSOCIATED PRESS

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New York

Court fight waged over secret sources

New York's highest court will decide whether state law protects a Fox News reporter from revealing confidential sources from a story about James Holmes, who's accused of killing 12 people in a suburban Denver movie theatre last year.

Holmes' lawyers want Jana Winter, who works at New York-based Fox News, brought to a Colorado courtroom to name two law officers who told her Holmes had mailed a notebook depicting violence to a psychiatrist.

THE ASSOCIATED PRESS

Security

Obama didn't order all NSA spying: Kerry

U.S. Secretary of State John Kerry says his counterparts in other nations know President Barack Obama didn't order up all the snooping that the National Security Agency conducted abroad.

While travelling in the United Arab Emirates, Kerry told the BBC that his foreign counterparts have been understanding about the recent revelations of widespread NSA surveillance.

THE ASSOCIATED PRESS



Masked members of Hamas march in Nuseirat Refugee Camp in the central Gaza Strip on Nov. 8. On Monday, a day set aside for anti-Hamas protests, the Islamic militant group displayed a tight grip on Gaza. HATEM MOUSSA/THE ASSOCIATED PRESS

Anti-Hamas campaign fails to spark action

Gaza. Government operations have suffered because of cash crunch

A Facebook campaign calling for a "rebellion" against Gaza's Hamas rulers quickly fizzled Monday, suggesting the long-suffering residents of the isolated territory are either afraid to protest, blame outsiders for

their troubles or have simply lost hope.

Hamas maintains a firm grip on Gaza even though the Islamic militant group seems increasingly vulnerable because of growing hardship in the territory of 1.7 million people.

Hamas' main foreign ally, Egyptian President Mohammed Morsi of the Muslim Brotherhood, was toppled in a military coup in early July.

Egypt's new government has since virtually sealed the country's border with Gaza, destroying almost all the dozens of smuggling tunnels. The crackdown has led to price hikes, fuel shortages and longer daily power cuts in Gaza.

The Hamas government has lost tens of millions of dollars in tunnel revenues, or as much as half its monthly operating budget. It's more than a month behind in paying its 42,000 civil

servants.

With Hamas seemingly vulnerable, a Facebook campaign called "Rebellion" urged Gazans to rise up, starting Monday. The campaign had three separate Facebook pages, though it was not entirely clear who was behind the "rebellion." Some of the organizers are based in Cairo.

There were no signs Monday of Facebook-inspired protests in Gaza City. THE ASSOCIATED PRESS

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Beer pours \$13.8B into economy



JONATHAN HAYWARD/THE CANADIAN PRESS

Cheers to that

Brewskies account for 1% of GDP

A new report from the Conference Board of Canada found the brewing, transportation, sale and consumption of beer contributes \$13.8 billion to the country's economy, or nearly one per cent of GDP.

LUKE SIMCOE/METRO

Brews up jobs

"Beer has been a part of Canadian life for hundreds of years. The beer economy is a significant employer. No matter where people buy beer, they support jobs across the country."

Pedro Antunes, with the Conference Board of Canada

Patriotic pints

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Unlike other countries, our beer industry is highly domestic. Roughly 85 per cent of beer consumed in Canada is produced here.

1 of 100

The study found the beer industry supports 163,200 jobs in Canada, meaning one out of every 100 jobs is beer-related.

Wobbly pops still the tops

- Beer is the most popular alcoholic beverage in Canada, accounting for 45 per cent of all alcohol sales and 8.1 per cent of total household expenditures on food and drink.
- Canadians drink roughly 23 million hectolitres of beer annually, or roughly 80 litres per capita.
- The beer economy brings in \$5.8 billion in municipal, provincial and federal tax revenue.
- Yukon residents drank the most beer, at roughly 385 bottles per capita per year. British Columbians drank the least beer per capita, at 205 bottles annually.

Gifts. Flipboard helps take guesswork out of holiday shopping with wish lists

Personal magazine creator Flipboard is expanding into shopping catalogues just in time for the holiday shopping season.

A tool released Monday will allow Flipboard users to display their gift wish lists and highlight their favourite products in a catalogue-like format. The digital catalogues include links so the products can be purchased by anyone

browsing through the selections on Flipboard's application for Apple Inc.'s iPhone and iPad, as well as mobile devices running on Google Inc.'s Android operating system.

Several merchants and websites, including Gap Inc.'s Banana Republic and eBay Inc., are distributing Flipboard catalogues.

THE ASSOCIATED PRESS

Attempting a turnaround

Sears selling stake in eight properties

Sears Canada Inc. is selling its 50 per cent interest in eight properties for about \$315 million, the national retailer's latest major real estate transaction. THE CANADIAN PRESS

Random biz fact of the day

6 sec.

Hiring managers spend about 6 seconds on a resumé to look for: name, current/previous company, title, position start/end dates, and/or education.

CAREERLEAF/NEXCAREER

(Online) mall rats rejoice. Amazon now delivering on Sundays ... in the U.S.

Amazon is rolling out Sunday package delivery as part of a new deal with the U.S. Postal Service.

Delivery started on Sunday to customers in the New York and Los Angeles metropolitan areas, but Amazon and the Postal Service plan to extend service to "a large portion of the U.S. population" next year, the company said. This includes the cities of Dallas, Houston,

New Orleans, and Phoenix.

Sunday delivery will be available to all Amazon customers for no extra charge but Amazon expects it will be particularly popular with members of its Prime service, which costs \$79 US a year and comes with free two-day shipping on many items on the site as well as access to Amazon's TV and movie streaming service.

THE ASSOCIATED PRESS

Gabriel Resources

Plan for Europe's biggest open gold mine rejected

Stock in Gabriel Resources Ltd. plunged almost 11 per cent Monday after the Romanian government said it would not allow the Canadian company to develop what would have been Europe's biggest open gold mine. The decision was a boost to environmental advocates and comes after 14 years of protest and debate. THE ASSOCIATED PRESS

Ashley Madison lawsuit

Adultery site hits back at ex-staffer

A dating website for married people seeking affairs is dismissing a \$20-million lawsuit as nothing but a "frivolous" claim by an "opportunistic" ex-employee.

Ashley Madison has issued a statement condemning the suit filed by Dorian Silva, who alleges she permanently damaged her wrists typing up fake profiles of women for the site.

THE CANADIAN PRESS

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

metronews.ca/temp

9-to-5 alternatives

Care to wing it in Saskatchewan?

While the public has heard horror stories and urban myths about temporary work, some of the jobs posted for temporary workers sound more inviting than the nine-to-five grind.

In Regina, someone is looking for a live-in caretaker for an elderly woman to spend six months of summer in Katepwa Lake, Sask., with the other six months, the cold season, spent in Phoenix, Ariz.

The posting on Kijiji advertises a working wage of \$10.51 an hour and residence in a private household. The job description consists of regular tasks like doing dishes, gardening and other typical household chores.

However, other postings, like a help-wanted ad for people to clean poultry barns in Melville Sask. — a 40- to 70-hour-per-week job depending on the number of barns, with a wage of \$18 an hour — will make you appreciate your warm, clean office more than ever before. **METRO**



GETTY IMAGES

Temp is Slightly Shocked by Lunch Query

We settled on the Saipan, a Japanese lunch place run by a noisy Belarussian family. It's a quick walk if you cut through the next-door parking lot of AmQex, a defence contractor, and trek over brown grass berms forested with CCTV cameras atop white poles.

We quickly ordered two bento boxes and sat down by a window.

"How's temping?" asked Sarah.

"I get used to feeling disposable."

"You know about the warehouse fire, don't you?"

"Know what?"

"Kevin Taylor's wife started it."

"No!"

"Yes. They caught her on the AmQex cameras."

"Holy moly. Why?" I played dumb.

"Nobody else knows. The Daniel told me."

"Huh."

Our boxes arrived and we quickly ate. Sarah had yet to tell me why we were there — and then she did: "So, are you and Kyle a, um, couple?"

For once I got to roll my eyes. "No! And I keep on feeling like we're two pandas in a Chinese zoo and everyone's waiting for us to mate." I remembered my pledge to be nice. "Why are you asking?"

"Because I thought maybe he and I..."

"Sarah, you're 40!"

"So?"

"I'm sorry. That just blurted out. But really, Sarah, you're 40 and he's maybe 25."

"All the better."

I sucked in a breath. "Well, he's all yours to win, and he may be getting a job at the refineries, so he's ready to settle down, too."

"You think I'm a perv?"

"No. I say go for it and good luck. He can get you discounts on skateboard equipment, too."

"Meow."

"Just wrapping my brain around this." We ate the remains of some oily tempura. Then I realized something: "It was very nice of you to ask me first. For real."

"I'm not a monster. And I'm just not another Sarah Unit around the office."

"I guess not."

Walking back, we approached two older guys with cardboard signs begging at the stoplights, one an Afghan vet, the other guy just old and sad. Sarah and

"I'm not a monster. And I'm just not another Sarah Unit around the office."



I looked at each other. "What are we going to do?" I asked.

"I always give the old guys something because, I mean, what are they going to do, become Walmart greeters? The young guys ... if I think it's going on drugs I don't give. But the Afghan guy doesn't look druggy."

"He just looks so lost and forgotten."

We ended up giving each of them 20 bucks, and Sarah did a cool thing: She asked them each their name, and they were so glad just to be able to say it to someone, and then hear it said back to them — like the world remembered them again. The old guy was Kurt, the younger guy was Darren.

Random fact of the day

Life in plastic, it's fantastic. The name? Not so much ...

- Barbie's full name is Barbara Millicent Roberts. Ken's full name? Ken Carson.

SOURCE: WIKIPEDIA.ORG



When we got back to the office, there were six police cruisers in the lot, cherries flaring. Uh-oh. And vans. And a K-9 unit.

TO BE CONTINUED ...

Random biz fact of the day

18%

Why not speak up — 18 per cent of people never negotiate or make a counteroffer when taking a new position.

SOURCE: NEXCAREER

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AGE IS JUST A SERIES OF 'SHOULDN'TS'

They say age isn't so much a number but a state of mind. And while that idiom might have some truth to it, at 28 years old, my mind and body agree that there are some things I've definitely outgrown. It's not that I'm too old for this stuff, but perhaps I'm just not quite young enough anymore.

Not eating vegetables. There was a period in my youth where I subsisted on a steady diet of coffee, vodka, pizza and sugary breakfast cereals. It wasn't healthy but it was delicious. Nowadays, if I go for more than 24-hours without some form of leafy green I can literally feel my body rebelling against me. I've turned into someone who actually cares about the nutritional content of different types of lettuce and I regularly use the phrase "super-food" without a hint of irony. If there is a way to add kale to my meal,



SHE SAYS
Jessica Napier
metronews.ca

it's happening.

House parties. Don't get me wrong, I love a civilized wine and cheese soiree in the comfort of one's home, but there are certain types of residential bashes that are best left to the younger set. Drinking strong mixed drinks composed of found-liquor in a stranger's kitchen and then playing a round of flip cup with people born in the 1990s — this is not for me. The terrifying bathrooms are a deal breaker on this one.

Slumber parties. Crashing on a friend's couch in an emergency or spending a weekend away at a cottage with a group of friends is one thing, but sleeping over just for the sake of it just seems pointless. I'm sorry, but I happen to be very specific about my pillow density and enjoy being productive in the mornings. If we live in the same city, I can guar-

antee that I'm heading home at the end of the night to sleep in my own bed.

Caring about my ex-boyfriends on social media. The days of cyber-stalking my exes and analyzing every new profile photo and wall post from a beautiful girl are behind me. Maybe I can chalk this one up to my own maturity but it's probably because there are too many engagement announcements and baby photos clogging up my news feed.

Becoming deeply invested in television shows aimed at teenagers. Earlier this year I found myself sick in bed for the weekend and decided to binge-watch *Pretty Little Liars* on Netflix. Am I proud of this decision? Of course not. But now I am regrettably committed to watch (and worse, care about) this mindless teen soap until its ultimate cancellation. And yes, in this case knowing that I am too old for this type of behaviour doesn't stop me from doing it.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Art to give a hoot about



CECELIA WEBBER/SOLENT NEWS

Owl reproduced from nude models

This amazing picture of a flying owl has been given a truly human touch — because the artist has created it out of people.

American artist Cecelia Webber takes hundreds of photographs of nude models and spends up to a year editing them together on her computer to create extraordinary collages. **METRO**

Artist is the subject of work

1

model was used in this picture on an owl in flight — the artist herself.

"I spent about a year trying to perfect that pose of me falling forward," Webber, an American artist based in Montreal, explains. "Then it took about three months for me to complete the rest of the image." Asked if she considers this work to be a self-portrait, the artist answers: "I don't see myself per se in my works. To be frank, I would be really intimidated if I did!"

Birds and bugs make 'poetic' images

Birds and insects are Webber's preferred subjects, as the animals' discrete and distinct body parts are easier to imitate using individual shots.

"It's more difficult to realistically duplicate the fur of an animal," Webber tells Metro. "There is something more poetic about a bird shape, for instance. Its feathers are conducive to movement." **METRO**

What's next?



"I would like to create an endangered species next. Reproducing this animal with real human shapes would help rekindle our connection with nature."

Cecelia Webber, artist

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Instagram, a.k.a. ground zero for food porn, is home to filtered flans, videoed vindaloo and all sorts of digitally documented delicacies. While a quick tour through the archives will likely get your stomach rumbling, why not go straight to the horse's mouth and see what celebrity chefs are posting.



METROFILE

@aprilbloomfield:

Two-time Michelin Star winner April Bloomfield (of Spotted Pig, Breslin and Iron Chef America fame) not only knows her way around the kitchen, but also around a camera.

@jamieoliver:

No stranger to social media, Oliver's found quite the social media following. His Instagram account not only shows beautiful food pics, but includes the occasional how-to video.

@davidchang:

While food dominates the Momofuku founder's photo feed, markets, music and sunsets make up a fair share of the Korean-American chef's pics.

Letters

mess is more than just an extremely entertaining freak show.

I was in a cab this weekend in St. Catharines and the subject of our mayor came up within thirty seconds.

"Why is the media picking on the mayor for partying on his own time," the driver asked with some frustration.

The media has failed to tell the story in a way that convinces the die-hard supporters that this is serious business. It is serious business in terms of how Ford has compromised himself as mayor.

Ted Burley, Toronto

It's more shocking than the sordid details that make up the Rob Ford scandal. That is, the enduring approval rating of the mayor among Ford Nation.

The circumstances should have sunk the mayor even among his most loyal followers. But why hasn't it? I suggest the media has done a poor job covering the story, other than laying out the sordid facts and rumours, while making news themselves lying in wait.

It has been an epic fail. This

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DVD review



Man of Steel

Director: Zack Snyder

Stars: Henry Cavill,
Amy Adams

★★★★

A planet explodes, buildings collapse and heroes and villains battle amidst the debris in *Man of Steel*, a blockbuster in every sense of the word. The film's most impressive feat, however, is considerably more cerebral: convincing us that the Superman movie we don't need is one that we may actually want — and the thought of a more streamlined sequel is even better. Snyder (*300*, *Watchmen*) packs more details into one montage than most directors put into an entire movie. He's in no rush to place thoughtful British actor Henry Cavill (TV's *The Tudors*) into the revamped Superman suit, or even to have his superhero referred to by name, which barely happens. Instead Snyder luxuriates in making *Man of Steel* a true origin story, giving us a view of doomed planet Krypton never before glimpsed in innumerable previous Superman movies. Origin stories rarely achieve 100 per cent success since there's usually too much story to their origins. *Man of Steel* is no exception, but there's reason to hope that future chapters will really lift us up, up and away. Hours of extras, mostly on Blu-ray, include multiple making-of featurettes.

PETER HOWELL

Michael J. Fox shakes off the comedy dust

Surprise success.

Comedian's new show is proving the critics wrong as it gets picked up for syndication

EMILY
LAURENCE
Metro World News

The results are in. Now halfway through the season, Michael J. Fox is proving early doubters wrong with the surprise success of *The Michael J. Fox Show*. When Fox decided to return to TV full time, people were supportive, but no one was quite sure what to expect. But the show has just been picked up for worldwide syndication and boasts some big upcoming guest stars, such as Sting, who will play himself in the show's holiday special.

The show is loosely based on Michael's real life — he plays a family man with Parkinson's who decides to return to work — but beyond the premise, it has its own storyline separate from the actor's life. "The story of our first season is that after everything he's been through, Michael J. Fox is still one of the funniest men in America," creator Sam Laybourne tells Metro.

On the show, it's Fox's character Mike's wife who pushes him to go back to work, but Fox says in real life, he pushed himself. "I was enjoying my guest appearances (on *The Good Wife* and *Curb Your Enthusiasm*) so much that I thought, 'Why can't I do this? What is the unwritten rule that I can't

Family-friendly fun

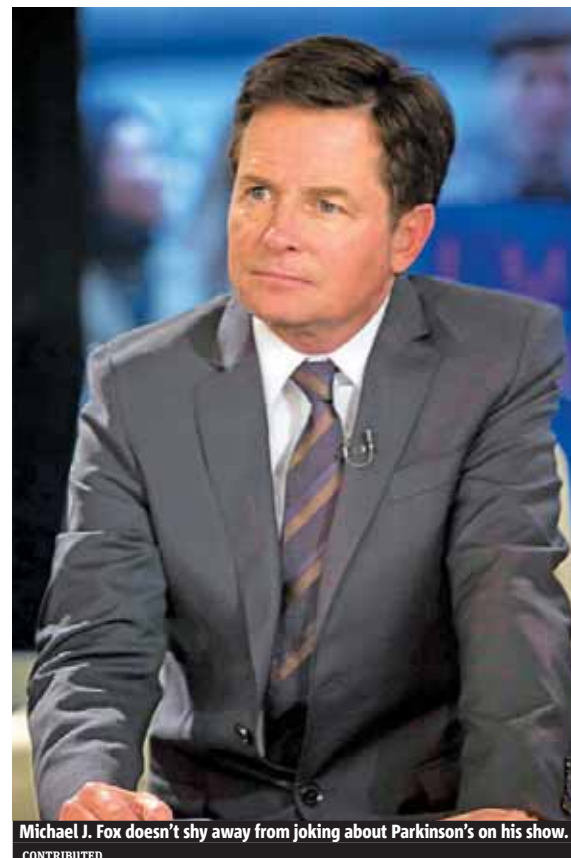
Co-creator Sam Laybourne credits the show's family-friendliness for its success. "My favourite tweet ever I've seen about the show is, 'Watching with my family. We were cracking up like maniacs,'" Laybourne says. Family comedy makes a comeback, it seems.

go back to work full time?" The more I thought about it, the more I thought, 'Why can't I do a show?' I couldn't find a reason not to," Fox says.

"Being a guy with Parkinson's, there's a whole new set of tools for him," Laybourne says. "There was this sort of fear going into it that Michael is somewhat limited. He's not limited. He's using different tools, which are equally if not more funny. He's up for anything."

The show doesn't shy away from joking about Parkinson's, a tactic that is meant to help the audience feel more comfortable with it as the season goes on. Laybourne explains that early in the season, viewers may have felt uncomfortable laughing at Parkinson's jokes, but people that have stuck with the show laugh about it, just as the characters on the shows do.

"We make a lot of Parkinson's jokes on set," Betsy Brandt, who plays Fox's wife on the show, tells Metro. "Michael always says, 'Everybody's always got their own bag of hammers.' It's a little shaking, it's not the end of the world. ...



Michael J. Fox doesn't shy away from joking about Parkinson's on his show.
CONTRIBUTED

For everybody, there's going to be something — maybe not a chronic disease, but something — that you struggle with."

"My view of life is coloured by humour and looking at the best in any situation," Fox says. "One of the things I love about the show is that it gives me the opportunity to tell people who

have disabilities or different challenges that they deal with that you can step back into life. You can be a part of life. You just have to allow for the facts of your situation. Instead of hiding that or being in denial about it, put it out there, and that's what I'm doing with the show."

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"I think being from Memphis puts a lot of soul in my music," says rapper Yo Gotti. GETTY IMAGES

Yo Gotti gets it done in Southern style

Rapper is on 'a good ride'. Performer brings hip-hop to unfamiliar places en route to promoting new album

CHRIS JORDAN
Metro World News in NYC

Yo Gotti played the historic Orpheum Theatre in Memphis in June.

The evening itself was also historic as well: It was the theatre's first hip-hop show.

"That was a very special moment for me to play at the venue and knowing the history of venue," says Memphis native Yo Gotti, also known as Mario Mims. "It was a very big deal to me, and on top of it we sold it out."

The show was also an example of Yo Gotti's DIY attitude.

"I booked the theatre myself because it was my birth-

day and I do something big in the city every time," he says. "Everybody was like, 'They don't do rap there' and they don't do this and they don't do that. I have the type of attitude where if I'm trying to achieve something, I don't believe in not trying. It took a lot of work but we got it done."

Yo Gotti, the street-smart Memphis wrecker with a hard Southern drawl, gets it done. He's about to embark on a new chapter in his career, as an Epic Records artist. I Am, his Epic debut featuring guest artists T.I., Ne-Yo, Wale, J. Cole and Meek Mill, drops Nov. 19.

The video for Act Right, the album's lead single featuring Jeezy and YG, has been viewed more than five million times on YouTube.

Yo Gotti is currently touring the U.S. to promote the album.

"I'm on the road and there's a lot of energy," he says. "We get up close and personal with the fans; they get up close and personal with me. It's a good ride."

Sometimes it's good to be really, really bad

Successful stinkers.

Film critic Phil Hall talks about the Greatest Bad Movies of All Time

MATT PRIGGE
Metro World News in NYC

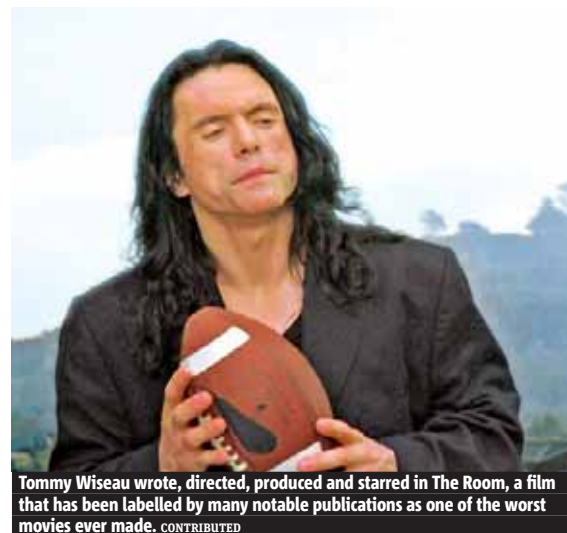
Over the last several years, bad movies have made a comeback. Films like *The Room* and *Birdemic*, plus old discoveries like *Troll 2* have created a cottage industry around uniquely terrible films that hasn't been this strong since the days of Mystery Science Theater 3000. With his new book *The 50 Greatest Bad Movies of All Time*, Film Threat critic Phil Hall, as per the title, chooses not to hang films he considers "anti-classics," but celebrate them. These include not just terrible amateur productions, but lavish Hollywood bombs — and even established greats like Clint Eastwood's *Mystic River*.

When did you become aware that movies could be bad?

I remember as a kid I went to see *Airport '75* in the theatre. I was nine years old and I remember, even back then, thinking, "There's something wrong with this movie. This is not the way grown-ups are supposed to behave."

Not long after that Michael and Harry Medved were releasing their run of books about bad cinema, like *The Golden Turkey Awards*.

I still have them. They're all



Tommy Wiseau wrote, directed, produced and starred in *The Room*, a film that has been labelled by many notable publications as one of the worst movies ever made. CONTRIBUTED

worn out by now. The Medveds can be a little catty and nasty in their writing. But they were the first ones to come out and say, "Yes, there are these 'golden turkeys.' And we love them." Granted, they were making fun of them. I try not to do that. I try not to denigrate people's work, and I don't want to discourage people from seeing these films.

It's a very subjective batch, and not all of the biggies are on here.

I didn't just want to have all the big budget flops or the cheap horror films of the '50s. I wanted to show these wonderfully bad movies existed as far back as the silent era. They stretch through all genres. My favourite is the documentaries. I love the idea of non-fiction films that get their facts wrong.

And you include *The Room*, which is a train wreck made by someone convinced it was a serious, mainstream drama.

That's the beauty of it: Nobody actually was able to stop (filmmaker) Tommy Wiseau and say, "Tommy, you're going in the wrong direction." But he was working independently. A lot of the films in the book are studio releases, and there you're going through committees and commissions and dealing with tens of hundreds of people in the creation. It's almost impossible to imagine that some of these films got into release without anybody realizing they had a dud on their hands.

In one way, bad movies seem to unite audiences like no other kind of film. It's actually a strong example of the magic of cinema.



Film Threat critic and author of *The 50 Greatest Bad Movies of All Time*, Phil Hall. CONTRIBUTED

I find sometimes that people are more enthusiastic talking about the great bad movies than the great films. We can have a discussion of Tarkovsky or Kurosawa, and it can be a very stimulating, cerebral conversation. But you start talking about *The Room* and *Mommie Dearest* and the enthusiasm level ratchets up dramatically. People become more viscerally engaged when discussing why they're so enraptured by these films.

Often times the amateur filmmakers of bad movies will embrace their notoriety. And then there's Halle Berry and Sandra Bullock, who showed up at the Razzies to collect their trophies for *Catwoman* and *All About Steve*.

It goes with the territory. People who've been in the business for some time, they're not that thin-skinned. They realize they'll make great films and they'll make not so great films. But at the end of the day they're making films. They're doing what they love to do.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Miley Cyrus

Miley continues her blaze of glory as she burns one at the MTV Euro awards

Miley Cyrus went for shock value at an MTV awards show once again, lighting up and smoking what appeared to be a joint while accepting the award for best video at the MTV European Music Awards — only American audiences didn't get to see it. In the version broadcast in the States,

the cameras cut away to audience reaction shots as she pulls the joint from her purse, lights it and puffs away.

"No one was expecting that to happen," a source close to the show tells Us Weekly of the stunt. "It was so brazen, so shameless. It was so uncalled for."

Twitter



@JuddApatow

Life may have been better before we knew what everyone else thought so specifically. I liked knowing less people.



@GarryShandling

I've only seen a real wrecking ball once, so I just don't know how accurate the miley cyrus video is. No comment.



@joeldavidmoore

"Was it worth holding in a fart for an hour?" — how men judge a massage



Mayer and Perry to tie the knot?

With her appearance on the red carpet of the MTV Europe Music Awards Sunday night, Katy Perry continued to stoke rumours that she and boyfriend John Mayer are thinking about tying the knot.


The Unconditionally singer sported a diamond ring on her left ring finger,



Katy Perry and John Mayer

according to E! News.

Reps for Perry and Mayer didn't return requests for comment.



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Half off update



Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Ciecwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off. Elisha recently blogged about the fact that some of her clothes are way too big now, and she's going to pack them up and donate them. "I have several sizes of clothing in my closet and getting rid of the top sizes is good, and it's scary. Getting rid of these clothes means there's no going back."

- Read the blog.
metronews.ca/half-off

Fueling future athletes

Nutrition. Women's hockey star Meghan Agosta credits her Mom's healthy cooking for helping to turn her into an Olympian

THERESA ALBERT
life@metronews.ca

Meghan Agosta, who plays forward on the Canadian women's hockey team bound for the 2014 Winter Olympics in Sochi, Russia, says she couldn't have done it without her mom.

As a family with four kids, including avid hockey players, the costs of feeding, schlepping, buying equipment and travelling can get pretty costly, both in terms of time and money. Women's hockey doesn't garner the same kind of attention, scholarships, sponsorships or salaries that men's can. But the game is no less intense.

Feeding a growing athlete isn't easy, but fuelling up before, after and during games is critical.

Agosta's Italian family loves to cook and the athlete recalls baking with her mom, Char, from an early age. According to Char, keeping Agosta in snacks for her 5 a.m. "practise and straight to school" lifestyle was a job in and of itself.

Now, the team has a nutritionist who helps them plan meals, dissects their periodic food logs and gives feedback on blood work.

They wear heart rate monitors for all practices and games and have personal goals to get the best out of their mostly 20 something bodies. But, growing up, it was



Future Olympians need as much help off the ice as they do on it. ISTOCK PHOTOS

all mom's job.

Char says she simply focused on fruits and vegetables and keeping Agosta full. Foods like tangerines during the game and high mineral choices like broccoli and artichoke played a huge role but they were on the roster because Agosta loved them, not because they had a job to do.

Most of the team now says that they eat what they like and are aware of healthy choices but aren't hyper focused on it. On the road, almost all meals are team meals and buffets serve up a hefty

balance of proteins, carbohydrates and lots of fresh vegetables.

There are no special diets or carb avoiders in the group. The athletes know they need a balanced diet to keep them going.

Agosta started playing hockey at age six because she wanted to do everything her brother did. Char says that it wasn't that hard to keep it all moving with a little planning and early meals, which were quite simple. Her key was to always have snacks on hand and to focus on the fun.



Meghan, left, and Char Agosta.
THERESA ALBERT/METRO

Early morning pre-practice meals contained a lot of carbs, like oatmeal, whole grain toast and chocolate milk. Mid-game had tangerines for hydration and quick calories. After practice but before school was a baked good in the car and Agosta remembers eating both at recess and lunch.

Perhaps lending credence to the theory that family meals contribute to a child's success, Agosta's dad, Nino, was big on an Italian family meal at the end of the day.

What comes across loud and clear is Agosta's focus and determination in everything she does from answering simple questions about snacks to playing hockey.

Taking things in stride (even on skates) while staying on track is a fine balance no matter who you are, but getting this far in a sport "designed for boys" takes a special kind of strength that only good food and the support of a good family can provide.

The whole family is grateful for the support of the Thank You Mom program from Proctor and Gamble, which celebrates athletes' mothers through wide-spread campaigns.

3 TIPS



Good friends. Good food. Good times.

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Holly Madison's secret to weight loss? Make a lifestyle change, not just a change in diet. METRO WORLD NEWS

Try the ex-Playgirl diet

Fitness. Holly Madison shares her tips on how to get thin after you give birth and keeping your weight under control all year long

ROMINA
MCGUINNNESS
Metro World News

Hugh Hefner's one-time girlfriend, Holly Madison, talks about how she has stayed trim over the years.

You had a baby in March with your husband, event producer Pasquale Rotella. What were your eating habits like before you got pregnant?

I was a mess. I'd have three huge coffee drinks a day, sandwiches, fries, burritos ... I was a pig.

But I stayed relatively active, so I was able to keep a handle on my weight.

As a dancer, and former Playboy model, you're famous for your body. I would have assumed that you were eating well.

The Holly Madison Diet: What you need to know

1. The diet is designed to help busy, or pregnant women, and new moms, lose as much excess weight as possible. All low calorie meal plans are tailored to the user's dietary needs. It costs \$9.95/month at edits.com.
2. The recipes (hand picked by Holly herself) balance proteins, carbohydrates

and healthy fats. The idea is that you keep your energy levels up and your weight down.

3. The tips aren't just for women — log on, and Holly will give you tips on what to feed your baby. The diet also offers tips on what to eat and how to lose weight when you are breastfeeding.

When I was in Vegas doing (her burlesque show) Peepshow, my weight would fluctuate quite a bit. I got told, 'You need to lose weight.'

Really? That's terrible.

It sucked. I'd go on a fruit diet for a week, but I was just eating less of the junk I was eating before.

And back at the (Playboy) Mansion, I was the tiniest I ever was, and in really good shape. But the kind of mentality that gets drilled into you there, I was always paranoid that I was fat. I'll see an old picture of me at a party, and I'll remember how fat I

thought I was — how I'd incorporated a garter into my costume because I thought I had this one lump on the back of my leg that kind of might resemble cellulite.

Did anyone in the Mansion ever tell you that you were too fat?

No. But there are always better looking women coming along.

Within six weeks of giving birth, you'd lost 30 pounds. How did you manage that?

I only recently started working out again, so diet was a big part of me getting back in shape.

I ate more fruit and vegetables, and less meat, dairy and sugar. I still enjoy carbs — I'll crave a piece of bread every once in a while — and it's smart to not cut that out entirely, or you'll just feel miserable.

What exactly is the Holly Madison Diet?

People look for that miracle diet that's going to make them lose weight super fast, but the emphasis should be on health. I want it to be a lifestyle change, not a two-week plan where you crash, lose a little bit of weight, only to then gain it all back.

Do you feel more pressure to look good now that you're a mother?

I've always felt pressure.

Do you agree with this idea that women who've just had a baby have to snap back into shape?

It's something you desperately want to do, but not something you have time for. I say, 'Fake it until you make it.' Even if it's just wearing a corset, or undergarments that squeeze you in and make you feel great.

Stuff the Southwest into kid-friendly sweet potatoes



This recipe serves four. THE CANADIAN PRESS

Kids will love this healthy and colourful dish.

For a little extra flavour, roast the corn along with the peppers. If you like a little heat, serve with hot sauce.

beans, red pepper and green onions. Season with cumin, salt and pepper. Spoon filling into shells and return to baking sheet.

5. Sprinkle each half with 1 tbsp of the cheese. Bake until heated through and cheese melts, 5 to 10 minutes. **THE CANADIAN PRESS/FOODLAND ONTARIO**

Health Solutions

You say potato, I say potassium



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

At last count there were 36 varieties of potato grown in Canada and many more heritage varieties. All of them boast impressive amounts of potassium and fibre for their approximately 100 calories. The trick is, you have to eat the skin. Think about using potatoes in these creative ways.

- Baked mashed potatoes: Scrub and poke russet or baking potatoes and bake whole for 45 to 60 minutes. Cut in half and scoop flesh to mash with butter, milk and/or cream cheese. They are fluffier and retain more nutrients than peeled and

boiled recipes.

- Grate a whole potato into an oiled skillet and fry for a few minutes. Top with whisked eggs, cinnamon and sliced apples and pop into the oven at 375 F for 20 to 30 minutes to cook through. The dish has more protein and nutrients than pancakes and is just as yummy with maple syrup.

- Stir extra virgin olive oil, garlic and lemon juice into leftover mashed potatoes and serve as a veggie dip.

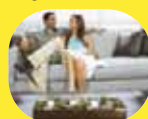
And don't you believe the rumours about potatoes — they are actually really nice once you get to know them.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



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Getting tired on the temping treadmill?

Take a time out to think. First, adapt to the ever-shifting experience, then find a way to progress your career past that phase

MIKE
DJOC
life@metronews.ca

Jumping from job to job and adjusting to new colleagues and work environments on a regular basis can take an emotional toll. Temp nation's population currently sits a little

over the two million mark according to Stats Canada's most recent monthly employment numbers, so odds are if you're on the temping treadmill you're not alone.

We tapped Vancouver-based workplace psychologist Dr. Jennifer Newman's expertise on keeping a healthy mindset, temp networking and breaking the cycle.

Do you think the aging workforce — people who in the past may have worked one job for 20 years — cope differently with the stresses of temping than the emerging workforce?
A lot of people who have had 20 years experience at one

job may find it interesting to have variety or they might find it stressful learning new things. On the flip side, a less experienced worker can feel stressed because they are constantly having to learn something new. They're turning into a jack of all trades and a master of none. The other side of that is they are getting a lot of work experience that they wouldn't otherwise have in different industries and in different offices and gaining new skills that way.

What advice do you have for serial temps who feel they're going nowhere and want to break the cycle?

Make a mini-business plan for yourself as if you were your own company. A lot of times it's a lack of focus and not really sitting back long enough and thinking, "OK what do I actually really want?" Then it's (a matter of) breaking it down. What are the stepping stones? What training would I have to get? What other kinds of job experience through my temp agency can I try to get? Who can I network (with)?

The nice thing about meeting different people through a temp agency is if you strike a chord you can network with them. You really are getting a great opportunity to meet a lot of different people.

Are certain personality types better suited to cycling through a series of interim jobs than others?

There is a thing called a multiculturalist. I've done some research on people who are really good at going into different cultures and adapting quickly. Some people are good at it, some people aren't. The temp position is in a sense requiring you to go into completely different cultures as you would if you were doing international relations or development. The main qualities they have are adaptability, flexibility, being a quick study and unflappable. If you could cultivate those qualities and see yourself as a multiculturalist going into different cultures, almost an anthropological mindset, it can help.



If you apply yourself there are ways to adapt to the temp treadmill and ways to get off it completely. ISTOCK

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If you're thinking of approaching a temp agency, research the agency and find out what types of services it offers. ISTOCK

Got your eye on temp work? Take note of these survival tips

Employment. Having a plan for approaching agencies and knowing what to do on the first day of work can help smooth the way into this field of recruiting



YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you are in IT, hospitality or engineering there's a temp agency recruiting in that field. Statistics Canada

has tracked the increase of temp workers from just over 11 per cent of the workforce in 1997 to 13.6 per cent in 2011.

The numbers can be interpreted as proof of deterioration in employment, or movement to a more flexible workplace. Either way, there's no question that the temp field can offer an entry into the labour market or even an ongoing career.

Shari Angle, vice president with Adecco, Canada's largest temporary recruitment agency, offers some tips on becoming a temp worker:

- Research the agency. Some offer services that are very

specialized.

- Map out what types of jobs you have experience in and what type of work you would be willing to do.

- Map out the specific times and hours per week you are available to work.

- Contact your job references informing them that you are actively seeking employment because they will be called.

To make temp work a little less disorienting, have a checklist of questions to be answered before the first day of work:

- Where do I park?
- Where is the staff entrance?
- What is the dress code?

- How do breaks and lunch work?

Angle also recommends workers ask for a "go-to buddy" for day-to-day questions.

Temp workers are paid by the agency, which will supply the T4 slip for tax purposes. Adecco, for example, pays employees weekly but other agencies may have a different policy.

Some agencies offer benefits to employees on long-term assignments and access to training programs.

As with any job, those who are reliable and flexible jump to the head of the list for future employment.

What's it like to be wealthy at 19? Ask Madeon

Money management.

This French teenage DJ has millions of fans, with hits on MTV, YouTube and FIFA 13. Did millions of dollars follow?

MICHELLE CASTILLO
michelle.castillo@metro.ca

Nineteen-year-old Madeon started his career as soon as he hit double digits. Now, the electronic dance music prodigy (real name: Hugo Leclercq from France) is a veteran. Metro caught up with the DJ to talk about how he made it happen so young. His answers may be as inspiring as his anthemic songs.

How did your love for EDM (electronic dance music) start?

I became interested in electronic music long before it was really marketed as EDM. I just came across it in a very normal way being French, seeing Daft Punk on TV and some of those bigger, more mainstream

records. I could tell right away it was a really different sound from everything else I was exposed to and I wanted to hear more.

Did you want to be a musician from the very beginning?

I first got interested making music when I was 10 or 11. I started recording myself with a spoon making noises, trying to make loops and noises. Djing and performing came much later, when I was 16.

Pop Culture, your first YouTube hit, is amazing because you don't just sample songs from Daft Punk and others, but we see you doing it live. Can you walk me through the moment when you realized it was a smash?

I was on a summer vacation with my parents. We didn't have an Internet connection there, so we just tried to go online on my phone to check regularly what the views were like. I could see it was doing OK, so I was happy. I think by the end of that vacation it had a few million.

Most teens your age haven't even started a full-time job. What is that like?

The way I approached it was I wanted to learn as much as I could about production and composition. To ensure that by the time I was 18, I would be enabled to have the tools to make it a career. Life happens. I stopped school a little earlier, and I started making music more proficiently before that. It was always my desire.

What did you buy with your first paycheck?

When I did remix competitions, one of them was a \$500 cash prize. I didn't have any cash, so I did that and I won it. I used the money to buy a really nice keyboard. I don't really spend money. Well, on flights, and on the routine and things, but the thing is my studio is pretty humble. I still use the same speakers I've used forever. I still use the same keyboard I bought at that time.

What's the first luxury item you bought?

My first yacht was for my num-



RIKES.COM

ber one. I'm kidding! I guess an iPhone? I just walk around with it non-stop with my headset, listening to my entire music collection on shuffle. Right now I have 6,000 (songs) on my iPhone, but I have a lot missing.

According to Forbes, the most successful EDM artist now is Tiesto, who brings in millions

each year. Have you joined that club?

Are you literally looking me in the face and asking me if I made a million? That's pretty daring! I actually have zero clue about my finances. All I know is I'm making a living, so I'm not fearful of being on the street just yet. I just spend a lot of money on building a good show. There

Have a listen

- **Pop Culture.** This sample-heavy YouTube video launched Madeon, and now has 19-million-plus views.

- **The City.** The anchoring track on his EP, and the one you've jogged to before (or should).

- **Finale.** The ultimate sign he's arrived: Madeon's got a track on the FIFA 13 soundtrack.



is a thriving scene, and it is profitable. I try to make sure that it enables me to do cool stuff instead of buying me a car that looks nice.

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SECURE YOUR FINANCIAL FUTURE



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According to a recent survey, many Canadians not only feel they aren't in control of their own finances, but they feel pressured to keep up appearances, despite the financial strain.

To help counter those concerns, Credit Canada Debt Solutions has been a driving force behind Credit Education Week, an annual event now in its seventh year

designed to promote sound financial management.

"Many people feel that they have little control over their debt challenges and that can add a tremendous amount of stress to their lives," says Laurie Campbell, the CEO of Credit Canada Debt Solutions. "What we hope to do with Credit Education Week and through discussing

these survey results is show that people can make a tremendous impact on their personal and financial well-being just by taking action and educating themselves."

Some key results of the survey include:

- More than half (52 per cent) of all Canadians don't feel in control of their own finances.
- Only one in six (17 per cent) feel they

are ahead financially from where they thought they would be at this point of their lives.

- When going out with friends, 44 per cent of Canadians say they feel pressure to spend more than they can afford.
- One-third (32 per cent) of Canadians are not living on a budget.

Other survey findings show that financial challenges can lead to marital strife. More than 30 per cent of respondents have argued with their significant other over spending habits, and one-third believe their partner's spending habits is hurting their financial goals.

Credit Education Week, a nationwide event that runs through to Friday, offers a number of events, speakers, and seminars designed to improve financial awareness and promote fiscal management techniques.

"Communication is key," Campbell says. "Whether you're concerned about your partner's spending or you're already in debt and avoiding doing something about it, talking to someone, getting good advice, and taking action are all keys to securing your financial future."

For more information about Credit Education Week, visit cewc.ca. For more information about Credit Canada Debt Solutions, visit creditcanada.com/.

— Jason Menard



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Riders in Stamps' way of West title

CFL. Division rivals clash on Sunday in Calgary for a chance at winning Grey Cup

John Hufnagel insists he didn't prefer one opponent over the other for the CFL's West Division final.

But the coach of the Calgary Stampeders acknowledges the atmosphere at McMahon Stadium will be more electric next Sunday because it's the Saskatchewan Roughriders.

"It will be an exciting stadium on Sunday," Hufnagel said Sunday. "It will be capacity or close to capacity because we're playing Saskatchewan."

A 29-25 win over the B.C. Lions in Sunday's division semifinal sends the Roughriders to Calgary, where so many Saskatchewan expats reside.

Chilly forecast

The Weather Network's long-range forecast for Calgary predicts flurries, a high of minus-3 and a north wind at 20 km/h on game day.

- "I'm not concerned about the weather the day of the game," Hufnagel said. "The concern is wind, not temperature. Wind can really affect a game."

The Stampeders represent the final hurdle the Roughriders must clear to play in their own Grey Cup in Regina on Nov. 24.

Calgary had the best record in the league at 14-4 this season. The Roughriders finished second in the West Division at 11-7.

The Toronto Argonauts, who topped the East Division at 11-7, will host the Hamilton

Tiger-Cats, who went 10-8, in that division final next Sunday.

"The four best teams, statistically with win-loss records, they're playing each other for the right to play in the big one," Hufnagel said. "It's very fitting."

Hufnagel said he'll start veteran quarterback Kevin Glenn against Saskatchewan. The Stampeders went 10-3 in games the 33-year-old Glenn started this season.

Calgary went 2-1 versus Saskatchewan this season and won both games at McMahon Stadium.

Glenn was replaced by Drew Tate halfway through a 29-25 win against the Roughriders on Oct. 26.

"I think that game three weeks ago was a different animal altogether than this game," the head coach said. "Now we're playing for win-or-go home type of situation."

THE CANADIAN PRESS



The Roughriders' Craig Butler tackles Demetrice Morley of the Stampeders at McMahon Stadium on Oct. 26. The two teams will meet again on Sunday in the West Division final. JEFF MCINTOSH/THE CANADIAN PRESS

NHL. Stamkos breaks leg in Bolts' loss



Lightning centre Steven Stamkos leaves the ice on a stretcher on Monday in Boston. THE ASSOCIATED PRESS

When Steven Stamkos crashed into the post in Boston on Monday afternoon, the shock waves could be felt all the way to Sochi, Russia.

The Tampa Bay Lightning star is out indefinitely with a broken right tibia, an injury that could be a significant blow to Team Canada in its efforts to defend gold at the Olympics. Stamkos was the NHL's leading scorer at the time of his injury.

"Certainly from a Canada perspective, I don't know of a time frame, but certainly probably going to be questionable if he can play in the Olympics,"

said Detroit Red Wings general manager Ken Holland, who's part of Canada's management team. "Big loss for Tampa, big loss for our league."

Stamkos lost his balance and crashed into the net during the second period of the Lightning's 3-0 loss to the Boston Bruins. He writhed in pain on the ice and appeared to tell a trainer, "It's broken."

The break requires surgery to repair. The Lightning did not release a time frame, likely in part because the complexity of the fracture could affect things.

THE CANADIAN PRESS

CFL

Calvillo thinking of retiring

Quarterback legend Anthony Calvillo says he is leaning toward retiring.

The CFL's all-time passing leader said he has not made a final decision, but he will discuss his future with Montreal Alouettes owner Bob Wetenhall on the weekend.

Calvillo, 41, and the Alouettes suffered a 19-16 overtime loss to Hamilton in the East semifinal.

THE CANADIAN PRESS

NFL

Bucs finally dock on Victory Island

Mike Glennon threw a one-yard touchdown pass to tackle Donald Penn and led a long fourth-quarter TD drive to put the Tampa Bay Buccaneers ahead for good in a 22-19 victory over the embattled Miami Dolphins on Monday night.

Bobby Rainey's one-yard run capped an 80-yard drive, and the Bucs held on to become the last team in the league to win this season. THE ASSOCIATED PRESS

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Shanahan not done with NHL history

NHL. After amassing 2,000 penalty minutes, Hall of Fame player plans on impacting the game in his role as VP of player safety



Brendan Shanahan is greeted by Gary Roberts during the 2013 Hockey Hall of Fame Legends Classic game in Toronto on Sunday.
BRUCE BENNETT/GETTY IMAGES

It's a ritual of Hockey Hall of Fame induction weekend for members of the selection committee to read the plaques of incoming members.

As chairman Pat Quinn read Brendan Shanahan's on Friday, he paused to go off script.

"The only player in NHL history to record 600 goals and 2,000 penalty minutes," Quinn read aloud before ad-libbing. "You can imagine him giving out the fines and the suspensions today."

That's now Shanahan's job as the NHL's vice-president of player safety.

Shanahan put up 656 goals and 698 assists in his playing career, numbers that made him worthy of induction Monday night along with defencemen Chris Chelios

Life after playing hockey

Brendan Shanahan began working for the NHL as vice-president of hockey and business development in late 2009. In June 2011, he succeeded Colin Campbell as the league's disciplinarian.

and Scott Niedermayer, late coach Fred Shero and Canadian women's team defenceman Geraldine Heaney.

But commissioner Gary Bettman believes Shanahan's legacy will ultimately be defined by what he does in an office. "I think his contributions to the game, based on what he's doing now, will even exceed what he did in the 21 years that he played," Bettman said. "He's making a real mark on how the game is played, making it safer for current players and generations to come."

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	17	12	5	0	54	42	24
Boston	17	11	5	1	48	30	23
Toronto	17	11	6	0	51	40	22
Detroit	18	9	5	4	45	48	22
Montreal	18	9	8	1	48	40	19
Ottawa	17	7	6	4	53	51	18
Florida	18	3	11	4	37	64	10
Buffalo	19	3	15	1	33	61	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	17	11	6	0	50	40	22
Washington	18	9	8	1	57	52	19
NY Rangers	17	9	8	0	39	46	18
Carolina	17	6	7	4	32	48	16
New Jersey	17	5	7	5	35	44	15
NY Islanders	18	6	9	3	51	60	15
Columbus	16	6	10	0	41	46	12
Philadelphia	16	5	10	1	26	44	11

Monday's result

Boston 3 Tampa Bay 0

Sunday's results

Montreal 4 NY Islanders 2
New Jersey 5 Nashville 0
NY Rangers 4 Florida 3
Chicago 5 Edmonton 4
Colorado 4 Washington 1
Winnipeg 5 San Jose 4 (SO)
Anaheim 3 Vancouver 1

Tuesday's games

All Times Eastern
Los Angeles at Buffalo, 7 p.m.
Colorado at Carolina, 7 p.m.
Nashville at NY Islanders, 7 p.m.
Columbus at Washington, 7 p.m.
New Jersey at NY Rangers, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	16	14	2	0	54	28	28
Chicago	18	12	2	4	66	49	28
St. Louis	15	11	2	2	52	34	24
Minnesota	18	10	4	4	48	40	24
Nashville	17	8	7	2	37	54	18
Dallas	17	8	7	2	46	52	18
Winnipeg	19	8	9	2	50	55	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	19	15	3	1	66	45	31
Phoenix	18	12	4	2	60	56	26
San Jose	17	10	2	5	63	41	25
Vancouver	20	11	7	2	54	54	24
Los Angeles	17	11	6	0	50	41	22
Calgary	17	6	9	2	47	61	14
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Winnipeg at Detroit, 7:30 p.m.

Anaheim at Florida, 7:30 p.m.

Philadelphia at Ottawa, 7:30 p.m.

Tampa Bay at Montreal, 7:30 p.m.

Phoenix at St. Louis, 8 p.m.

San Jose at Calgary, 9 p.m.

Wednesday's games

Toronto at Minnesota, 7:30 p.m.
Philadelphia at Pittsburgh, 8 p.m.
Dallas at Edmonton, 10 p.m.

Thursday's games

Los Angeles at NY Islanders, 7 p.m.
Columbus at Boston, 7 p.m.
Anaheim at Tampa Bay, 7:30 p.m.
Philadelphia at Chicago, 8 p.m.
Colorado at St. Louis, 8 p.m.
Dallas at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(Two games, total goals)

Sunday's result

Real Salt Lake 4 Portland 2

Saturday's result

Kansas City 0 Houston 0

Saturday, November 23 — All Times Eastern

Houston at Kansas City, 7:30 p.m.

Sunday, November 24

Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

DIVISION SEMIFINALS

Sunday's results

Hamilton 19 Montreal 16

Saskatchewan 29 B.C. 25

DIVISION FINALS

Sunday, Nov. 17 — All Times Eastern

Hamilton vs. Toronto, 1 p.m.

Saskatchewan vs. Calgary, 4:30 p.m.

NBA

Monday's results

San Antonio 109 Philadelphia 85

Indiana 95 Memphis 79

Atlanta 103 Charlotte 94

Boston 120 Orlando 105

Houston 110, Toronto 104, 20T

Chicago 96, Cleveland 81

at Utah 100 Denver 81

Detroit at Portland

Minnesota at L.A. Clippers

Sunday's results

San Antonio 120 New York 89

Oklahoma City 106 Washington 105

Phoenix 101 New Orleans 94

Minnesota 113 L.A. Lakers 90

NFL

WEEK 10

Monday's result

Tampa Bay 22 Miami 19

Sunday's results

St. Louis 38 Indianapolis 8

N.Y. Giants 24 Oakland 20

Pittsburgh 23 Buffalo 10

Seattle 33 Atlanta 10

Philadelphia 27 Green Bay 13

Baltimore 20 Cincinnati 17

Jacksonville 29 Tennessee 27

Detroit 21 Chicago 19

Carolina 10 San Francisco 9

Arizona 27 Houston 24

Denver 28 San Diego 20

New Orleans 49 Dallas 17

Thursday's game — All Times Eastern

Indianapolis at Tennessee, 8:25 p.m.

Sunday, November 17

Baltimore at Chicago, 1 p.m.

Arizona at Jacksonville, 1 p.m.

Detroit at Pittsburgh, 1 p.m.

Oakland at Houston, 1 p.m.

N.Y. Jets at Buffalo, 1 p.m.

Cleveland at Cincinnati, 1 p.m.

Washington at Philadelphia, 1 p.m.

Atlanta at Tampa Bay, 1 p.m.

San Diego at Miami, 4:05 p.m.

San Francisco at New Orleans, 4:25 p.m.

Green Bay at N.Y. Giants, 4:25 p.m.

Minnesota at Seattle, 4:25 p.m.

Kansas City at Denver, 8:30 p.m.

Monday, November 18

New England at Carolina, 8:40 p.m.

Horoscopes

Aries

March 21 - April 20

Some people never stop moaning and you will give them something to moan about! Misery loves company but you have no intention of joining them in their pathetic "woe is us" mind-set.

Taurus

April 21 - May 21

You may have to burn the candle at both ends to make up for falling behind in your schedule but it will be worth it. Just remember that after you have reached your goal you should take it easy.

Gemini

May 22 - June 21

What you hear about today will tell you all you need to know about someone's motive. Whether you consider it "good" or "bad" is not important. What matters is that you can work together.

Cancer

June 22 - July 23

Jupiter in your sign is linked with the Sun in Scorpio today, so what you choose to do with your time will not only be successful but a lot of fun. Try not to overdo it but, if you do, the hangover will be worth it.

Leo

July 24 - Aug. 23

If you have done something you are proud of, shout about it. The more you make a show of your talents now, the more opportunities will come your way later.

Virgo

Aug. 24 - Sept. 23

Use your mind today. You won't need to force others to do your bidding as long as you ask nicely, and show them how they can benefit too.

Libra

Sept. 24 - Oct. 23

This may be a time of big changes in your affairs but that does not mean you can afford to be reckless. The planets warn if you go over the top today, it could cost you.

Scorpio

Oct. 24 - Nov. 22

Some of the goals you have set may seem optimistic but you have faith in your abilities. Can you move mountains? Well, most mountains, if they see you bearing down on them, will get out of the way.

Sagittarius

Nov. 23 - Dec. 21

Stick to the facts and don't let wishful thinking turn your head. You need to be realistic about what you are doing and what your prospects are for success. They're excellent, but you still need to plan carefully.

Capricorn

Dec. 22 - Jan. 20

Don't make an issue of it if someone disagrees with your opinions today. There is no reason why you should take it personally and if you do, it will put you at a disadvantage.

Aquarius

Jan. 21 - Feb. 19

You are in one of those moods when you either take things too seriously or you take nothing seriously at all. Either way, you will upset people, but that's OK. It's part of your role in life to stir things up.

Pisces

Feb. 20 - March 20

The Sun and Jupiter combine across the two most dynamic areas of your chart today, making this the ideal time to get started on a project you've been planning. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

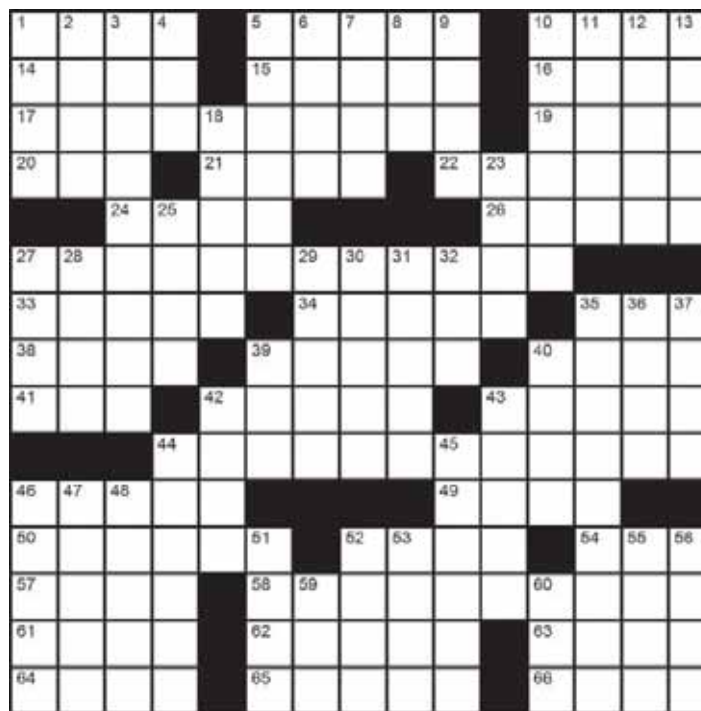
1. Uncertain
5. Maples
10. Assemble the dried clothes
14. Extra
15. Biathlon gear
16. Biblical twin
17. Klondike Gold Rush participant
19. Tears
20. Speaks, slang-style
21. Tori of tunes
22. Author Mr. Hemingway
24. Currency across the Atlantic
26. Buenos _____, Argentina
27. _____ Party of Canada
33. Mr. Fudd of 'Bugs Bunny' fame
34. Wipe the _____ clean
35. Type of dog
38. Curved musical line
39. Unyielding
40. Sickness relief
41. Small amount
42. Started
43. _____ Wrap (Kitchen roll)
44. It's been moving northwestwardly from the Canadian Arctic in the direction of Russia, North _____
46. Eyewear, colloquially
49. Sir Coward of plays
50. Wish for: 2 wds.
52. '60s band, The _____

- Brummels
54. Curve
57. Wine-producing region in Italy
58. Sketch comedy show gig: 2 wds.
61. Keyboard key
62. The Beatles generated lots of it!
63. Pre-stereo
64. Boat's stability

- provider
65. Fatty, in cooking
66. Ship's figurehead site
- Down**
1. Pixies
2. Golfer's "Look out!"
3. Permafrost, as some might call it: 2 wds.

4. Positive response
5. Ground shaker
6. Puerto _____
7. Tiny amphibians
8. "Shine a Little Love" gr.
9. Parched
10. Mountain city in southeastern BC
11. Wickerwork material

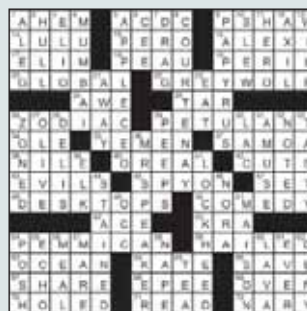
12. _____ of judgment
13. Does some housework
18. Potato gadget
23. Electronica music dance party
25. Selfish sort
27. "_____ la vie!"
28. Stewpot
29. Signal for peace
30. Pond buildup



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

31. Corrupt
32. "_____ be my pleasure."
35. Canadian ship-ping company
36. The _____ Mountains (Range in Russia)
37. Singing cowboy Mr. Autry
39. Li'l rule
40. Superhero's outfit part
42. Rope fibre
43. Sprinkle the Comet, proceed to what?
44. Concordia's rival in Montreal
45. Sort of: 3 wds.
46. Looseness
47. Mail, in Montreal
48. Between: French
51. Electrical resist-ance units
52. Scourge
53. Modify
55. Montreal-born singer, Ginette _____
56. Brag about
59. _____ de Cologne
60. Rapsallion

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 12°
MIN: -2°



MAX: 8°
MIN: 3°



MAX: 5°
MIN: -5°



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